



Building BLOCKS

www.TheParentingPlace.net

July | August | September 2023



OUR MISSION

Supporting and empowering a community of adults who nurture thriving children.

LA CROSSE OFFICE

1500 Green Bay Street
La Crosse, Wisconsin, 54601
608.784.8125
fax 608.796.0098

SPARTA OFFICE

900 East Montgomery Street
Sparta, Wisconsin, 54656

TOMAH OFFICE

310 West Elizabeth Street
Tomah, Wisconsin, 54660

Monday - Friday
10:00 - 4:00

Children's Festival 2023

FREE!

THE WAY TO PLAY!

Explore, discover, get creative!

AUGUST 19

Myrick Park • 9-12



BIRTH TO THREE PLAY DAYS

Mondays, June 5 to August 28, 3:30 – 5:00 pm

Join The Parenting Place, as well as our Birth to Three and Parent Education Team, for some open-ended outdoor play at All Abilities Trane Park in La Crosse! We will have a day of play in a safe and inclusive environment. There will also be outdoor crafts, nature playdough, and a snack will be provided. Park Play Day is open to all families, FREE, and "DROP-IN" style. Please take this opportunity for kids—and adults—to connect and play. In the event of inclement weather, we will have a makeup Park Play Day the first non-holiday Monday(s) in September.

Contact Danya at danyaday@theparentingplace.net

SUMMER FUN DAYS

Join us for outdoor summer fun at Magical Mondays, Terrific Tuesdays, and Wonderful Wednesdays! Each day will have a different theme—Nature, Art, Movement and Transportation—and will include open ended art, active play, sensory activities, snacks, and an opportunity to play outdoors with other families! Pre-registration is not required—come on out and play!

MAGICAL MONDAYS

Memorial Park, Sparta • July 10-July 31 • 10:00-11:00 am

TERRIFIC TUESDAYS

Viroqua Elementary School • July 25-August 15 • 10:30-11:30 am

WONDERFUL WEDNESDAYS

Winnebago Park, Tomah • June 14-July 5th • 10:00-11:00 am

FOREST PLAY GROUPS

Forest Play Groups are weekly outdoor adventure play groups built around the same core concepts you find behind all of our free Parent Education programs. Gather with other grownups who welcome you by name while your child delights in jumping, climbing, finding, tugging, digging, balancing, sharing, tossing, gathering, planning. In Forest Play Groups, adults and children embrace rain, snow, sunshine, wind, and mud (definitely mud!).

La Crosse

THURSDAYS

10:00-11:00 am

Chad Erickson Memorial Park

Forest Play Groups are
generously sponsored by

GUNDERSEN
HEALTH SYSTEM®



BIRTH TO 3 PLAY GROUPS

The latest additions to The Parenting Place Play Group lineup are our La Crosse and Vernon County Birth to 3 Play Groups. We seek to provide an environment that is extra encouraging and welcoming to our Birth to 3 participants. We have selected spaces that are fully accessible, toys and activities that provide avenues for learning and growth, and snack options that meet multiple sensory needs. Birth to 3 Play Groups are facilitated by not only a Parent Educator, but also a Birth to 3 Specialist who can provide guidance regarding age-specific child development. Open to all caregivers with children ages 0-5 years old, and older siblings are always welcome.

La Crosse

TUESDAYS

10:15-11:30 am

North Community Library

* No play group 7/4

Viroqua

THURSDAYS

9:30-11:00 am

McIntosh Memorial Library

PLAY GROUPS

Play group is a shared time for parents and their children, ages birth to five years of age. Join us for one of our Playgroups to enjoy open-ended playtime, a simple art activity, circle and story time and a snack.

Tomah

MONDAYS

9:30-11:00 am

Firemen's Park Shelter
703 E Monroe St.

* No play group 9/4

Sparta

MONDAYS

9:00-10:30 am

900 E. Montgomery St.

* Sparta play group moved to
Memorial Park July 10-31

La Crosse

FRIDAYS

9:30-11:00 am

1500 Green Bay St.

MUSCLES IN MOTION

Muscles in Motion offers the same parent-child play as our indoor groups, but in a gym! Join the fun and be ready to move

Holmen

TUESDAYS

9:00-10:00 am

Deerwood Park Sports
Complex, Anderson St.

* No play group 7/4

Sparta

WEDNESDAYS

4:00-5:00 pm

Southside Early Learning Center

* Outdoors

La Crosse

WEDNESDAYS

10:00-11:00 am

Chad Erickson Memorial Park

Muscles in Motion are
generously sponsored by



We Understand!

You can drop-in to our programs and you don't need to be on time! Also, we love it when you register as it gives us a way to get ahold of you about last minute changes and important information. You only need to register once per program.

FAMILY FUN NIGHTS

All families are welcome to join two evenings of fun activities and family connection. Snacks are provided, no registration required.

Birth to Three Family Fun Night

Wednesday, July 19th, 3:00-4:30 pm

The Parenting Place, La Crosse

Birth to Three Family Fun Night

Wednesday, August 16th, 3:00-4:30 pm

The Parenting Place, La Crosse

SPANISH PLAY GROUP

EL GRUPO DE JUEGO PARA LOS NINOS

Everyone Welcome - Todos son Bienvenidos!

This Play Group will have a Spanish Interpreter present. Come and meet other Spanish language speakers and enjoy a morning of play!

Este grupo de juego para los niños habrá una intérprete de español presente. Ven y conoce otras familias quien habla español!

9:00-10:30 am, Friday, July 21

9:00-10:30 am, Viernes 21 de julio

Trane All-Abilities Park

1500 Chase Street, La Crosse

PARENT CONNECTION

Parent Connection is a time for adults to connect with other adults. Your children will enjoy time in our play room with trained childcare staff while Moms, Dads, Grandparents, Foster Parents, etc. gather in a cozy, warm, welcoming room to discuss parenting joys, challenges and opportunities. Parent Connection is a fantastic way to meet new friends and get really connected with the community.

La Crosse

MONDAYS

9:30-11:00 am

La Crosse Office
1500 Green Bay St.

* No group 9/4

Sparta

FRIDAYS

9:00-10:30 am

Sparta Office
900 East Montgomery St.



BACK TO SCHOOL EVENTS

Coffee or Tea, Cheers or Tears

Come enjoy some light refreshments, meet your friends, and talk about your worries or your excitement in sending your kids back to school! Join us from 8:00-9:30 in the morning on the following dates:

Viroqua August 22 – McIntosh Memorial Library, 205 S Rock Ave.

Tomah August 31 – Firemen's Park Shelter, 703 E Monroe St.

Sparta September 5 – Sparta Office, 900 E Montgomery St.

La Crosse September 1 – La Crosse Office, 1500 Green Bay St.



POSITIVE PARENTING PROGRAMS (TRIPLE P) BY THE PARENTING PLACE

Parenting is rewarding, but sometimes you can get into a sticky situation. Triple P provides you with positive ways to help your family work and play better together. Thanks to funding from the Child Abuse and Neglect Prevention Board of Wisconsin, you can attend these courses for free! Some programs are on Zoom and some are in person. Childcare may be available for some programs. Registration is required.

The Power of Positive Parenting

Wednesday, July 5 (Zoom) 1:00-2:00 pm

Parent Educator Brian Ramsey will teach you how to use consistent discipline to bring more peace to your household in addition to always advancing the relationship between parent and child.

Dealing with Disobedience

Wednesday, July 5 (La Crosse) 3:00-4:30 pm

Children will always test the limits of boundaries. Learn how to set them and to teach your children to respect them with Parent Educator Rose Vang.

Managing Fighting and Aggression

Friday, July 7th (Zoom) 3:00-4:00 pm

Parent Educator Rose Vang understands how fighting and aggression can seriously disrupt family life. Learn proven strategies to reduce and eradicate violence from your household.

The Power of Positive Parenting

Wednesday, July 26 (Zoom) 1:00-2:00 pm

Parent Educator Brian Ramsey will teach you how to use consistent discipline to bring more peace to your household in addition to always advancing the relationship between parent and child.

Hassle Free Shopping

Wednesday, August 2nd (La Crosse) 3:00-4:30 pm

Some of the most difficult times for parents is when their child misbehaves in public. Join Parent Educator Rose Vang to learn about how you can teach your child to behave well on shopping trips.

Raising Resilient Children

Wednesday, August 9th (Zoom) 1:00-2:00 pm

Parent Educator Brian Ramsey will show you how to get your kids to identify and properly manage feelings as they grow and mature.

Raising Resilient Children

Wednesday, August 23rd (Zoom) 1:00-2:00 pm

Parent Educator Brian Ramsey will show you how to get your kids to identify and properly manage feelings as they grow and mature.

Positive Parenting for Dads

Wednesday, September 6th (Zoom) 1:00-2:00 pm

Young Dads are spending 3 times as much time with their kids than their fathers did with them. Parent Educator Brian Ramsey will present tried and true strategies to ensure that time is positive and, ultimately, more rewarding.

Positive Parenting for Dads

Wednesday, September 20th (Zoom) 1:00-2:00 pm

Young Dads are spending 3 times as much time with their kids than their fathers did with them. Parent Educator Brian Ramsey will present tried and true strategies to ensure that time is positive and, ultimately, more rewarding.



CHILD ABUSE & NEGLECT
Prevention Board



REGISTRATION

1. Scan this QR code or go to www.theparentingplace.net/parenting-classes
2. Click on the desired program(s) and fill in the registration form.
3. Wait for confirmation and more information from our Parent Educators.



Navigating The Teenage Years - Triple P Teen

Thursdays July 6th-July 27th (Zoom) 6:00-8:00 pm

Join Parent Educator Cara Anderson every Thursday evening via zoom for a 4 week series to learn strategies to navigate the challenging teenage years.

Thursday July 6th Coping with Teenagers' Emotions

Thursday July 13th Reducing Family Conflict

Thursday July 20th Getting Teenagers to Cooperate

Thursday July 27th Building Teenagers' Survival Skills

Fatherhood 101-Three week course (In person)

Tuesdays, July 25th- August 8th 5:30-7:00 pm

Join us for this brand-new offering taught by Parent Educator Mike Scott. You'll learn a wide range of fatherhood skills including how to change a diaper, positive parenting skills, how to properly install a car seat, best practices when dealing with misbehavior, how to foster confidence, how to develop a good bedtime routine, how to encourage free play and, most importantly, learning an arsenal of Dad jokes for every occasion. The course is free and will include a Certificate of Completion. Child Care will be available.

July 25th, August 1st, August 8th

Navigating The Teenage Years - Triple P Teen

Thursdays Sept. 7th- Sept. 28th 9:00-11:00 am

Join Cara every Thursday morning for a 4 week series to learn strategies to navigate the challenging teenage years. In person at our Sparta Office, 900 E Montgomery st.

September 7th Coping with Teenagers' Emotions

September 14th Reducing Family Conflict

September 21st Getting Teenagers to Cooperate

September 28th Building Teenagers' Survival Skills

Nurturing Parenting

September 12-October 17 (virtual) 10:00-11:00 am

Join Parent Educators Cara Anderson and Amber Brantner for this 6-week series on Nurturing Parenting. Classes focus on empathy, self-awareness, empowerment, discipline with dignity, appropriate family roles, and expectations of children's development. This series provides an opportunity to reflect on how you were parented, and some insights to help build your own nurturing parenting skills.



Need someone to talk to about parenting?

Call us! It's FREE!

Are you frustrated with your child's behavior?

Finding that stress is affecting your parenting?

Call **608.784.8125** to talk to one of our Parent Educators

Our Parent Educators are here to listen and talk it through!

10:00-4:00 PM week days

OTHER PARENTING PROGRAMS

Shared Parenting Responsibilities

Tuesdays, July 19-August 16 (virtual) 5:30-6:30 pm

Learn about the important task of making a once intimate relationship and changing that into a professional one. Parent Educator Mike Scott will show you to create the best environment for parents that are separating or divorcing.

Shared Parenting Responsibilities

Tuesdays, August 30-Sept. 27 (virtual) 7:00-8:00 pm

See previous description. With Parent Educator Michael Scott.

REGISTRATION

1. Scan this QR code or go to www.theparentingplace.net/parenting-classes
2. Click on the desired program(s) and fill in the registration form.
3. Wait for confirmation and more information from our Parent Educators.



CHILD CARE TRAININGS

The Parenting Place offers high quality trainings for child care professionals. Spots are limited and registration is required in advance. If a fee is required, this information is noted in the training description. Payment must be received in advance to confirm your registration and fees are non-refundable. Participants will receive a Registry Certificate for all trainings unless otherwise noted. Child care is NOT offered for these trainings. For more information call 608.784.8125.

American Heart Association: CPR

JULY 13 **COST: \$60** **LA CROSSE**
5:30-8:30 PM

AUGUST 3 **COST: \$60** **VIROQUA**
5:30-8:30 PM

AUGUST 21 **COST: \$60** **TOMAH**
5:30-8:30 PM

Statistics have shown that people who receive high quality CPR have a higher chance of surviving a sudden cardiac event. During this three-hour in-person video-based training led by members of The Parenting Place's experienced instruction team, participants will learn infant, child, and adult CPR along with how to use an AED for all ages. The training also covers techniques to help with a choking individual. Registration is now open. 8 spots are available at a first come, first-served basis. Once spots are filled a waitlist will be started. To register call 608.784.8125 ext. 251 between the hours of 9:00 am-4:00 pm.



Abusive Head Trauma Prevention & Sudden Infant Death Syndrome Prevention Training

JULY 26 **COST: \$10** **VIRTUAL**
5:30-8:00 PM

Caring for our youngest and most vulnerable children is a rewarding, yet challenging job. Crying is an infant or toddler's main way of communicating their needs, but do you have a plan for when it becomes overwhelming? Do you know the most effective ways to ensure that infants are sleeping in a safe environment? Shaken Baby Syndrome (a form of Abusive Head Trauma) and Sudden Infant Death Syndrome are two risks to very young children in your care, but there are steps we can take to reduce that risk. In this combined training, instructors Jan Burns-Fuchs and Amanda Allen will share strategies to prevent Abusive Head Trauma and Sudden Infant Death Syndrome.



BOOK STUDY: *Balanced and Barefoot*

AUGUST 21-SEPT 29 **COST: \$25** **LOCATION TBD**
6:00-8:00 PM

In this two-part training series, participants will earn 15 hours of continuing education. Our book selection, *Balanced and Barefoot* by Angela J. Hanscom focuses on the importance of Unrestricted Outdoor Play. Together we'll talk about how the "silent epidemic" affects modern children, and how unrestrained movement and outdoor play are vital for children's cognitive and physical development. We will also discuss engaging strategies to help children grow up into strong, confident, and capable children. Join Sara Horstman and Claire Anderson for this innovative deep dive into a world of outdoor play. The in-person sessions will be held outdoors, at a location that will be determined by the location of participants.

Discovering Science

AUGUST 2 **COST: \$20** **LA CROSSE**
6:00- 9:00 PM

Join trainers Sara Horstman and Amanda Allen to explore how to incorporate science concepts into your programs. The course will walk you through strategies on how you, as their teachers, can supplement the experiences of children in your care with science. Science is a concept that can be incorporated into all interest areas for all ages of children. You will be able to experience some activities with hands-on demonstrations during the training.



REGISTRATION

1. Scan this QR code.
2. Click on the desired program(s) and and fill in the registration form.
3. Wait for confirmation and more information from our Training Coordinator.



Save the Date!

Farm to ECE Conference

Mark your calendars for the first Annual Farm to Early Care and Education conference on Saturday, September 16, 2023! More details to come. Located in La Crosse.



INDIVIDUALIZED PROGRAMS

Child Care Certification

Being a child care professional can be both exciting and rewarding. You can be your own boss and choose the schedule that fits your life and family and make a positive impact on the lives of children. You will also have great income potential, while providing built-in interaction opportunities for your own children and sharing in every one of their milestones. If you live in La Crosse, Trempealeau, Monroe, Buffalo, Crawford, Jackson, or Juneau County and are interested in providing child care in your home, The Parenting Place can help.

For more information on becoming certified, call Jan Burns-Fuchs at 608.784.8125 Ext. 225. You may also e-mail any questions to: janburnsfuchs@theparentingplace.net

Family Navigation Specialist

Is your child in need of supportive services?

Our Family Navigation Specialists work with families to screen children for Children's Long-Term Support Programs in La Crosse and Monroe counties. These programs are designed for children who have developmental, physical or mental health needs, and programming can offer a wide range of supportive services that allow children to thrive in their homes and communities! Our specialists specifically screen families for the following programs: Children's Long Term Support Waiver Program (CLTS), Children's Community Options Program (CCOP), and Comprehensive Community Services (CCS). To determine functional eligibility, families work closely with our specialists to complete a Functional Screen. With this, our specialists will ask questions to gather information about your child's health, well-being, and current need for supports. Once the Functional Screen is completed, the report will determine which programs your child may be eligible for. For more information, please contact 608.397.1897 or by email at screens@theparentingplace.net.

Child Care Resource & Referral

We provide families with custom referrals to child care centers, family child care providers, and preschools based on ages, work schedule, preferred location, etc. Referrals can be obtained by contacting us at 608.784.4519 or online on our website: www.theparentingplace.net

Newborn Behavior Observations

Newborn Behavior Observations are a relationship based, interactive tool designed to strengthen the relationship between infants and parents beginning in the newborn period through the first three months of life. Newborn Behavior Observations can be conducted in home or at our local offices. Please call or email Cara Anderson at 608.716.4081 or canderson@spartan.org to schedule today!

P.A.T.—Parents as Teachers

The Parenting Place is now offering FREE parent mentoring and training visits in your home. These Parents as Teachers sessions teach you how to connect with your child based on his/her developmental stage. Our expert trainers will emphasize hands on learning and reflective practice to increase your child's readiness and success in school. Visits can be anywhere from weekly to once a month depending on each unique situation. Appointments are being made now for children 3 years of age and under in La Crosse and Monroe Counties. Call 608.784.8125 or email info@theparentingplace.net

Parenting Classes On the Go

Did you know that The Parenting Place can bring parenting classes to your work site or group? Choose from the following topics that are common challenges for all families: Help! My Child Doesn't Listen to Me (*Dealing with Discipline*), Good Night, Sleep Tight! (*Developing Good Bedtime Routines*), Stop the Snicker and the Bicker (*Managing Fighting and Aggression*), To Market We Shall Go (*Hassle-Free Shopping with Children*). Each class is an hour long via Zoom and perfect for a lunch-time presentation. Due to limited availability, Please call at least four weeks ahead of time to schedule a presentation. Call Marilyn at 608.784.8125 ext 231.

Birth-to-3 Program

A great deal of learning takes place in a child's first three years. Families who have children with developmental delays or disabilities may need extra support to help their children reach their potential. The Birth to Three Program offers free evaluations for children ages 0–3 years old. To speak with someone, call 608.784.8125. Outside of La Crosse and Vernon Counties call 800.642.7837.

Birth to 3: Interpreter Tips

You may see some families at play groups or out in the community that may have an interpreter with them. Here are a few tips of how to work with an interpreter and interact with families utilizing one:

- Introduce yourself to the interpreter, but then talk to the child or adult and use their preferred pronouns versus speaking or asking questions to the interpreter.
- Make eye contact while talking with the child or adult, not the interpreter.
- It's best if only one person talks at a time and if you leave time for the interpreter to translate.
- If you ever have any questions, just ask! Families with interpreters want to be involved, it just may take a little extra step to connect.

FREE DIAPERS AT OUR DIAPER BANK!

Do you need Diapers?

1. Submit your request by 11am on the day of distribution.
 - Your first and last name
 - Number of children needing diapers
 - Sizes needed
2. Wait for a confirmation before picking up diapers.
3. Pick up your diapers on the scheduled pick-up day!



LA CROSSE

Email diapers@theparentingplace.net
or text 608-467-4702
Thursdays from 11 am - 2 pm
West entrance of 1500 Green Bay Street
next to the ramp.

TOMAH

Email danyaday@theparentingplace.net
or text 608-716-7153
Tuesdays 10:00 am-1:00 pm
Gloria Dei Church, 310 W Elizabeth St
* No Diaper Bank 7/4

SPARTA

Email canderson@spartan.org
or text 608-718-4081
Fridays from 11 am - 2 pm
The Parenting Place office, 900 E Montgomery

YOU CAN SUPPORT THE DIAPER BANK!

Did you know? We distribute on average 2,740 diapers a week!

The diaper bank is completely funded by donations. Thank you to the donors who make it possible!

Drop off diapers (new or clean open packages) during diaper distribution, Thursdays in La Crosse, or by appointment in Sparta and Tomah. You may also drop off diapers at Once Upon a Child in Onalaska. You can also make a monetary donation on our website.

HOST A DIAPER DRIVE! For more information, email info@theparentingplace.net



GET INVOLVED

Do you love The Parenting Place? Want to be a part of making our great programs happen for more people? Here are some ways you can be involved:

- Be a child care provider for our weekly Monday and Friday morning Parent Connection support groups and for periodic parenting classes. Keep children safe and happy in our playroom while their parents meet in the next room.
- Be a Table Host or Parent Leader for Parent Cafes or our FAST programs.
- Serve on our Parent Advisory Committee in our La Crosse, Sparta, or Tomah locations
- Sign up to be a regular donor through the Neighborhood <https://theparentingplace.net/give.php>
- Offer to be a Parent Host for one of our weekly play groups – greet families, help set out snack and art materials, help with cleanup
- Donate diapers to our free diaper bank (see page 9)
- Serve coffee in our Parent Conversation Café at the August 19th Children's Festival.



All The Parenting Place Volunteers and Staff complete background checks and receive training in their roles. Contact megan@theparentingplace.net for more information about getting involved.

IN TOUCH

A way to get your questions answered, your concerns considered - and taken seriously, suggestions offered, perspectives shared – a personal response received.

As a parent, sometimes it's not until everything has quieted down in the evening - the last call for "another hug" or "I'm thirsty has been heard - and it's then your mind begins to wonder. " How can I change this - what can I do about my daughter's constant whining? Why is my child acting so aggressively toward his sister? I'm feeling like nothing works." IN TOUCH is a way to get your questions heard, taken seriously, a personal response received. Just drop a line, share your thoughts, concerns, and a Parent Educator will respond to you by email. As one participant shared "Your emails are just like big hugs just when I need them. Thank you!" Maria Hertel. Email our Parent Educators at info@theparentingplace.net and let's stay "in touch"!





Support the Programs You Love

JOIN THE NEIGHBORHOOD!

With as little as \$10 per month, you can make sure families like yours can find support, connection, and resources at The Parenting Place when they need it. Set up automatic monthly donations - it's an easy and incredibly impactful way to give!



Use your smartphone camera to scan the QR code and join The Neighborhood today!





1500 Green Bay Street
La Crosse, Wisconsin 54601

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OUR FUNDERS



Great Rivers United Way



LA CROSSE COUNTY



Office on Violence Against Women

An EEO/Affirmation Action employer, **The Parenting Place** provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please make such requests as early as possible when contacting The Parenting Place at 608.784.8125 or 800.873.1768 so proper arrangements can be made.